

small Boxing handbook 7

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More advanced mitt work and punching the gloves

This time with evading punches and blocking punches

Left direct punch evade a left direct punch

Left direct right direct block a right hook and then do a right direct punch

Left direct punch evade a left hook then do a right hook

Block a low left hook block a high right hook and then do a right direct punch

Right direct punch block a left and then right hook and then make a left and then left direct punch

Evade a left jab and then make a right direct punch

Left direct punch block a right body blow hook then make a left direct punch

Left direct punch evade a right direct punch than do a left hook body blow and high hook

Right direct punch block a left direct punch give another right direct punch

Right direct punch evade a left and right hook than give a right uppercut

Left hook high right hook high evade a right hook

Evade a right uppercut give two direct punches

Left direct punch right uppercut block 2 random punches give a right hook and a left hook

Block an uppercut give a right hook and left direct punch

Block a direct left and direct right punch than give a right hook

Block a direct right punch and give a right direct punch

Block a direct left punch than block a low right hook and then evade a left hook

Evade a left jab make a left direct punch and right uppercut

Block a right uppercut than give a right direct punch

Many combinations are possible so it's easy to think some up yourself

Extra on jabbing

Types of jabs:

Normall jab

Tapper

A jab to let the opponent put up his guard

is more of a light punch, a stamina punch

Speed jab

Fast jab but without a lot of force

Can be used as the same reason as the tapper jab

Space maker

To put space between yourself and the opponent

Power jab

Just a very hard jab

The double jab

A double jab

Tapping

Light jabs after each other while the arm is almost extended

Normally to measure distance

or to make an opponening or create an oppening for a cross power punch

Body jab

Jab to the body

The counter jab

A counter jab

The bolo punch

the bolo punch's range of motion is like that of a hook combined with an uppercut.

As such, the punch should be thrown at 4–5 o'clock from an orthodox boxer's perspective.

Turtle style explained

The normal turtle style is mostly peek a boo but can also

be peeking through the arms or hands

If one gets punches it's easy to "shell" up

Another guard style

The low normal guard

Mostly with a lot of bobbing and weaving

Trapping against the ropes

You can also trap an opponent against the ropes

although the corners are better for trapping

An opponent might be easier to get in to a corner after he's up against the ropes

Rope-a-dope

The rope-a-dope is performed by a boxer assuming a protected stance

(lying against the ropes, which allows much of the punch's energy to be absorbed by the ropes' elasticity rather than the boxer's body)

while allowing his opponent to hit him

The plan is to cause the opponent to "punch himself out" and make mistakes which the boxer can then exploit in a counter-attack.

Other

rope-a-dope is used to describe strategies in which one party purposely puts itself in what appears to be a losing position,

attempting thereby to become the eventual victor

If you control the pace victory is closer

Power is speed times force

Differences between amateur and professional boxing

Professional boxing:

No headgear

Can earn some to a lot of money

In professional matches, the rounds are three minutes long and the bouts can last anywhere between four and twelve rounds

6, 8, and 10 oz. gloves, depending on jurisdiction

Some tactics considered fouls in amateur boxing are permitted in professional boxing

Amateur boxing:

Headgear

Earns almost no to no money

In the amateurs, the bouts are either three or four rounds long

in the four-round fights, the rounds are two minutes long

In amateur boxing, the objective is to score points. You still can knock your opponent out, but you don't receive a point for a knockdown

10 oz. for competitions, specially designed to cushion the impact white area denotes striking surface

No vaseline

Standing Eight-Count Given to a boxer in difficulty

After 3 eight-counts in a round or 4 in total, the bout is stopped

The bout is stopped when there is much bleeding, or cuts, swelling around the eye

There are no set rules for the size of a boxing ring in the pro ranks. However, amateur rings have a minimum size of 16 x 16 feet and a maximum of 20 x 20 feet.

Olympic boxing:

Win by scoring points or a knock out

The boxers are paired off at random for the Olympic Games,

without regard to ranking they fight in a single-elimination tournament,

with the winner advancing to the next round and the loser dropping out of the competition

I don't know since when headgear had to be worn

from ? to 2013-2014 headgear had to be worn

Now there will be a 10 point scoring system and fights without headgear

Starting 2016